

Sweet Potatoes and Chickpeas in Chili Sauce

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

This dish is both flavorful and filling! Plus, it's packed with disease-fighting antioxidants.

About the Recipe

313 Calories · 3.9 g Protein · 12.3 g Fiber

Lunch

Gluten-free · Nut-free

Double check the veggie broth to make sure it doesn't contain gluten.

Ingredients

Makes 4 Servings

- vegetable broth (3/4 cup)
- celery, chopped (1/2 cup)
- fennel seeds, crushed (1/2 tsp.)
- garlic, minced (3 cloves)
- red onions, chopped (3/4 cup)
- turmeric (1/2 tsp.)
- paprika (1/4 tsp.)
- chipotle pepper in adobo sauce, chopped (1)
- sweet potatoes, peeled and cut into 1-inch cubes (2 pounds)
- chickpeas, drained (1 15-ounce can)
- fresh parsley, chopped (1/4 cup)
- salt (to taste)
- pepper (to taste)

Directions

1. Prep ingredients by crushing the fennel seeds, mincing the garlic, dicing the celery (you should have about 1/2 cup (51 grams) chopped), slicing the onion (you should have about 3/4 cup (120 grams) chopped), chopping the parsley (you should have about 1/4 cup (15 grams) chopped), chopping the chipotle pepper, draining and rinsing the cooked chickpeas if they are canned, and cutting the potatoes (about 5 pounds (2.25 kilograms)) into 1-inch (2.5-centimeter) cubes.
2. Heat 1/4 cup of the broth in a Dutch oven over medium heat. Add the celery, fennel seeds, and garlic and cook for 2 minutes.
3. Add the onions, turmeric, paprika, and chipotle pepper. Cook for 5 minutes, stirring occasionally.
4. Add the sweet potatoes and the remaining 1/2 cup (120 milliliters) broth, cover, reduce the heat, and simmer for about 25 minutes, stirring occasionally until sweet potatoes are tender.
5. Add the chickpeas and continue to cook for 5 minutes. Add the parsley and season with salt and black pepper.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 313

Fat: 2.1 g

Saturated Fat: 0.2 g

Calories from Fat: 5.9%

Cholesterol: 0 mg

Protein: 3.9 g

Carbohydrate: 66 g

Sugar: 14 g

Fiber: 12.3 g

Sodium: 169 mg

Calcium: 125 mg

Iron: 2.8 mg

Vitamin C: 14.7 mg

Beta-Carotene: 19,649 mcg

Vitamin E: 1.1 mg